

# InsideOut

*It's Your Health; Own It!*



September 2015

**In This Issue:** Healthy Aging Tips, Patient Satisfaction Survey, Flu Clinics, Flu Facts, Fit Tip

## Worksite Health Promotion Quarter 4: Be Well

The final quarter of our 2015 Health Promotion Campaign is here! Quarter 4 is themed “Be Well” and is all about taking care of yourself and learning to live your best life yet. This quarter provides education on how to keep healthy by learning about stress management, illness & injury prevention, and chronic disease management.

Come visit us at one of our [site-wide health fairs](#) in September to receive your passport, get your numbers checked, obtain a variety of information, and be entered into a drawing.

In October, participate in the Be Well Health Challenge and track your healthy habits to be entered into a prize drawing for a Tanita home scale with body composition, weight, and hydration reading. Simply log into the [WellSuite Health Activity Tracker](#) to track your healthy habits and watch your points grow. Points can be earned by participating in worksite health and wellness events and by staying active. Lastly, throughout the quarter we will be featuring educational material via presentations, on our [website](#) and in the monthly [InsideOut newsletter](#).



Our featured presentations for this quarter are listed in the blue box below. Of course, you may request any other health or wellness topic of interest as well. A complete list of topics can be found [here](#). We'll be happy to accommodate your request the best we can. To schedule a presentation, call 376-3939, or email [omchew@rl.gov](mailto:omchew@rl.gov).

Cheers to your health!

### Featured Presentations

Invite us to your next meeting! To schedule a presentation, call us at 376-3939 or email [omchew@rl.gov](mailto:omchew@rl.gov).

#### [Cold and Flu Prevention](#)

Covers signs and symptoms and differences between seasonal cold and flu, prevention, and treatment.

#### [Know Your Numbers](#)

Provides information about general preventive screening recommendations for adults, recommended ranges, and lifestyle modifications.

#### [Chronic Disease Management](#)

Provides basics for management of chronic illnesses such as diabetes and heart disease.

#### [Stress Management](#)

Information about the various types of stress, reducing stress and coping with change.

#### [Computer Workstation Ergonomics](#)

Learn how to improve ergonomics in the office setting, adjust awkward postures and prevent common pain and discomfort while on the job.

## Tips for Healthy Aging

September is Healthy Aging Month! While many of us complain about aging, as a natural part of life we can age with grace and enjoy all of our years. Here are some practical tips to help improve your physical, mental, and social well-being.

1. Be positive in your conversations and in your actions. If you catch yourself complaining, STOP!
2. Check your posture and walk more vibrantly and confidently. You will look great and feel better.
3. Smile often! People who smile more are often happier. Smiling is also very contagious.
4. Make this month the time to set your annual physical and other health screenings. Visit the [MedlinePlus](#) for a list of recommended screenings right for you.
5. Be aware of what you eat. Your body is an amazing machine and it needs clean fuel to run best. Know that each bite results in either fuel or stored fat.
6. Walk more! We all know walking is a great stress reducer and good for the heart. Walking also provides a great opportunity to breathe the fresh air and enjoy the great outdoors.

## Patient Satisfaction Survey

We want to improve – and you can help us. Your insight and perspective are important to us. Following your HPMC OMS appointment, you may receive a survey via U.S. Mail from our third-party survey administrator, Press Ganey, asking about your experience. Please take the opportunity to tell us what we did well, and where we could use some improvement. We value your input. If you have any questions, contact our Patient Representative at 376-9122.

## Upcoming Health Promotion Events

- |          |  |
|----------|--|
| Sept. 3  | <a href="#">Worksite Health Fairs</a>    |
| Sept. 9  | <a href="#">WorkFit Leader Training</a>  |
| Sept. 10 | <a href="#">Worksite Health Fairs</a>    |
| Oct. 1   | <a href="#">Be Well Challenge Begins</a> |
| Oct. 14  | <a href="#">WorkFit Leader Training</a>  |
| Oct. 24  | <a href="#">A Very Poplar Run</a>        |

## Save the Date!

### Hanford Worksite Flu Clinics

The 2015 Hanford Worksite Flu Clinics are coming to a location near you **October 21—November 5**. The full schedule is available on the [Hanford Flu Clinic](#) webpage. You may attend any flu clinic. Remember to wear short sleeves and show your DOE picture badge. If you are pregnant, you will need to bring a written approval for flu vaccine from your personal physician.

### Influenza Vaccine Facts

- Flu symptoms may include a 100°F or higher fever or feeling feverish (not everyone with the flu has a fever), a cough and/or sore throat, runny or stuffy nose, headaches, chills, body aches, fatigue, nausea, vomiting, and/or diarrhea.
- Anyone with a chronic illness such as asthma, high blood pressure, diabetes, or heart disease should be vaccinated. Children over the age of six months and pregnant women should also be vaccinated.
- The best time to get the flu vaccine is early fall to give the body time to make antibodies against the flu viruses.
- Each flu season, nearly 111 million workdays are lost due to the flu. That is about \$7 billion per year in sick days and lost productivity.
- The flu vaccine cannot cause the flu. Some of the short-lasting and minor side effects that may occur from the shot are soreness, redness, or swelling where the shot was given, low grade fever, and aches.

For more information visit [www.flu.gov](http://www.flu.gov) or [www.doh.wa.gov](http://www.doh.wa.gov)

SEPTEMBER 2015



PERSONAL BEST® COPYRIGHT ©2015 EBIX INC.

# EAT MORE TO LOSE WEIGHT?

## Does cutting calories to lose weight leave you cranky?

Eating a high volume of calorie-light food satisfies hunger longer. The trick is to choose low-calorie-density foods, such as a big salad or water-based soup, rather than high-calorie-density options high in fat or sugar.

### ***Fit Tip:* Exercise to Boost Immune Function**

Exercise is often described as the “magic pill” of staying healthy. Exercising regularly reduces your risk of heart disease and Type 2 Diabetes, reduces your risk of chronic muscle pain, promotes productivity at work, and improves sleep quality. Exercise also helps improve immune function to prevent common colds, the flu, and other illnesses.

Keeping up with a moderate exercise routine (such as biking 40 minutes a couple of times per week, or taking daily 20 minute walks), helps your body to produce infection-fighting white blood cells and antibodies, and also slows the release of some stress hormones. Read this article from the Harvard Medical School [“How to Boost Your Immune System”](#) for more information on healthy strategies to improve your immune function. Also, get your flu shot at the Worksite Flu Clinics October 21– November 5.

### **Apple Waldorf Salad**



Fill up on this healthy, fresh salad filled with crisp fruit and vegetables.

We appreciate your readership! If you have questions, want to enroll in a program, or have a presentation request, call 376-3939, email [omchew@rl.gov](mailto:omchew@rl.gov), or visit us at [www.hanford.gov/health](http://www.hanford.gov/health) for more resources. September **Be Well** Catch Phrase: Live Well!!!

